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Our favorite moments from 'This Is Us' so far. 22-23

Is your big-name education worth the price tag. 20

STIFF SENTENCE

Disgraced former congressman and mayoral candidate Anthony Weiner received 21 months in prison after sexting a 15-year-old girl. 4

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JOE PANTORNO, SPORTS EDITOR

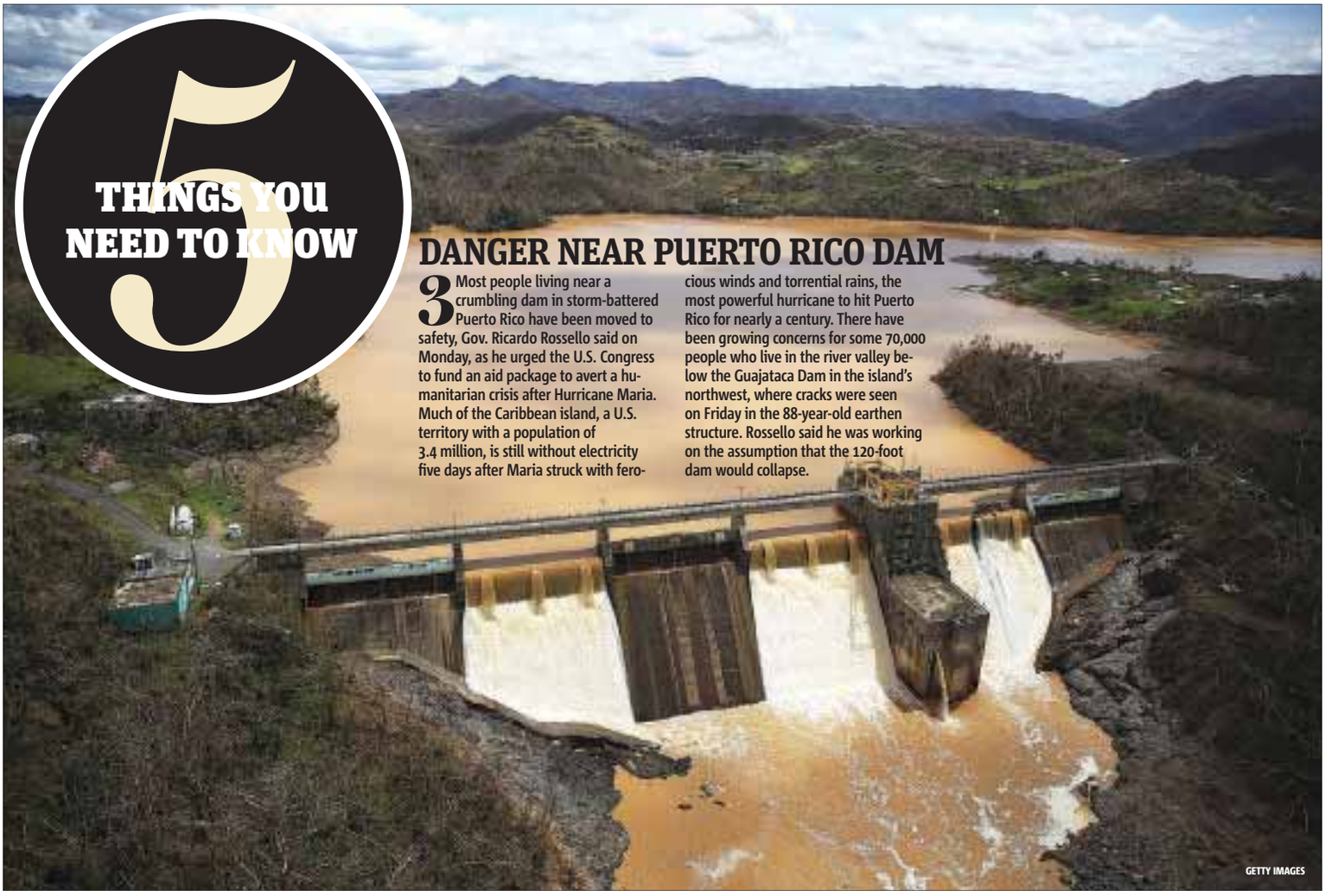
While the calendar might have shifted to autumn, the summer of Judge is still in full swing. On Monday afternoon, New York Yankees slugger Aaron Judge launched his 49th and 50th home runs of the season, breaking Major League Baseball's single-season home run record by a rookie, which has been owned by Mark McGwire for the past 30 seasons. With six games left in the regular season, the only question that remains is how many more can the Judge hammer out of the park?" **metro.us**

NORTH KOREA SAYS US 'DECLARED WAR'

North Korea's foreign minister said President Donald Trump had declared war on North Korea and that Pyongyang reserved the right to take countermeasures, including shooting down U.S. bombers even if they are not in its air space. Ri Yong Ho said a Twitter message by Trump on Saturday in which the president warned that the minister and North Korean leader Kim Jong Un "won't be around much longer" if they acted on their threats amounted to a declaration of war. White House spokeswoman Sarah Sanders on Monday denied the United States had declared war, calling the suggestion "absurd." Speaking earlier in New York, where he had been attending the annual U.N. General Assembly, Ri told reporters: "The whole world should clearly remember it was the U.S. who first declared war on our country."

HEALTHCARE DOOMED AFTER COLLINS SAYS NO

A last ditch Republican effort to repeal Obamacare appeared doomed after Sen. Susan Collins became the third Republican senator to announce opposition to the bill. Collins, who joined Sens. John McCain and Rand Paul in opposing the legislation, told reporters that sweeping cuts in the Medicaid program was the main reason for opposing the bill to end Obamacare, a top priority for President Donald Trump Collins said the bill would have taken more than a trillion dollars out of Medicaid, a program for low income citizens and disabled children, between 2020 and 2036. She also opposed the bill for weakening protections for people with pre-existing conditions, such as asthma, cancer and diabetes. "So for those reasons, I cannot support the bill," Collins told reporters outside the Senate chambers. ***For more, see page 18.***



5 THINGS YOU NEED TO KNOW

DANGER NEAR PUERTO RICO DAM

3 Most people living near a crumbling dam in storm-battered Puerto Rico have been moved to safety, Gov. Ricardo Rossello said on Monday, as he urged the U.S. Congress to fund an aid package to avert a humanitarian crisis after Hurricane Maria. Much of the Caribbean island, a U.S. territory with a population of 3.4 million, is still without electricity five days after Maria struck with ferocious winds and torrential rains, the most powerful hurricane to hit Puerto Rico for nearly a century. There have been growing concerns for some 70,000 people who live in the river valley below the Guajataca Dam in the island's northwest, where cracks were seen on Friday in the 88-year-old earthen structure. Rossello said he was working on the assumption that the 120-foot dam would collapse.

GETTY IMAGES

MANNING SAYS SHE WAS DENIED ENTRY TO CANADA

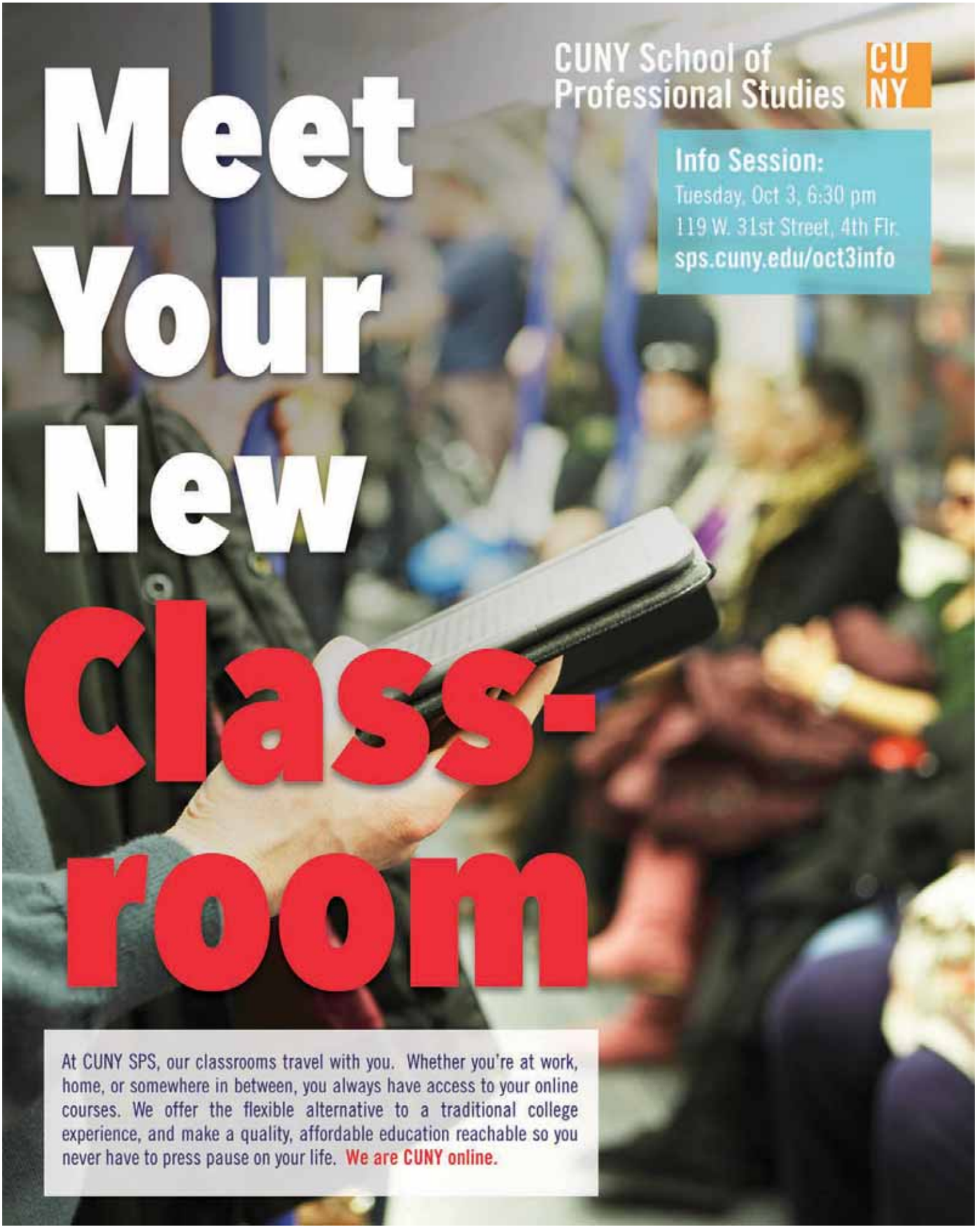
4 Chelsea Manning was turned back at the Canadian-U.S. border because she was convicted of espionage for passing information to Wikileaks, the former U.S. intelligence analyst said on Monday. Manning told Reuters via direct message on Twitter that she drove up to the Canadian border in Lacolle, Quebec, on Thursday evening, planning to vacation in Montreal and Vancouver. She said she was stopped at the border and detained overnight before being handed a report stating she was inadmissible "on grounds of serious criminality," according to a picture of the report she posted online. The offenses Manning was convicted of under the U.S. Espionage Act "would equate to an indictable offense, namely treason" if committed in Canada, the report read.

CHANGE IN HANDLING OF POLITICS ADS

5 Facebook and Google have little choice but to rein in internet political ads in the face of growing government pressure, a panel of advertising consultants said. Speaking at a trade conference, the marketers seized on allegations that Russian operatives bought U.S. political ads on Facebook as evidence that the sector cannot go on being unregulated. "I think there will be more scrutiny, and there better be more self-regulation. Otherwise, I think regulation will be coming," Brent McGoldrick, a political ad consultant and a Republican, said at Advertising Week. Last week, Facebook CEO Mark Zuckerberg vowed to do more to deter governments from using Facebook to manipulate elections in other countries, after the company disclosed $100,000 in Russian ad purchases in the months before and after the 2016 U.S. presidential election.

REPORT

Violent crime rose 4.1 percent nationwide in 2016 compared to the 2015 estimates, the U.S. Justice Department said on Monday. Violent crime, which the report defines as non-negligent killings, rape, robbery and aggravated assault, had steadily dropped since 2006, but had increased slightly in 2015. Source: FBI annual report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Anthony Weiner gets 21 months for sexting a 15-year-old girl

The man also known as Carlos Danger faced up to 10 years in prison for his lewd exchanges with a minor.

NIKKI M. MASCALI
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nikki.mascali@metro.us

Carlos Danger is heading to the clink.

Fallen Democratic congressman and former mayoral candidate Anthony Weiner on Monday was sentenced by Judge Denise Cote to 21 months in prison for sexting a 15-year-old girl from North Carolina last year.

On May 19, Weiner pleaded guilty to one count of sending obscene material to a minor, and he faced up to 10 years behind bars.

Prosecutors sought a two-year sentence for Weiner, 53, whose lawyers were requesting probation to continue his therapy and Sex Addicts Anonymous sessions, instead of incarceration, The New York Times reported.

"It's a serious crime that deserves serious punishment," Cote said.

The same day Weiner pleaded guilty, his wife, longtime Hillary Clinton aide Huma Abedin, with whom he has a 5-year-old son, filed for divorce.

Weiner's downfall began in May 2011 after he tweeted a graphic picture of himself in his underwear. His 2013 mayoral campaign then imploded after it was revealed he had sexted a woman named Sydney Leathers under the pseudonym Carlos Danger.

In August 2016, the former politician then shared another questionable photo of himself in his underwear while his son sat by his side.

Things came to an even more shocking head last fall when it was revealed Weiner sent lewd texts to a 15-year-old girl.

Prosecutors said Weiner knew the girl was a minor and "asked her to engage in sexually explicit conduct via Skype and Snapchat," they said, according to the New York Daily News.

As part of the investigation, Weiner's laptop was confiscated by federal investigators, who then discovered emails that coincided with a separate investigation into then-presidential candidate Hillary Clinton's private email server investigation.

The discovery caused then-FBI head James Comey to reopen the Clinton inquiry less than two weeks before the election, which Clinton said was a major factor in her loss to Donald Trump.

Weiner wept following his sentencing Monday morning, the Times reported. He must surrender to authorities on Nov. 6, and it is not yet known where he will serve his time.

Disgraced former New York Congressman Anthony Weiner was sentenced to 21 months in prison for a sexting scandal that involved a 15-year-old girl. GETTY IMAGES

10 YRS

WEINER COULD HAVE FACED UP TO 10 YEARS WHEN HE PLEADED GUILTY TO THE CHARGES

"It's a serious crime that deserves serious punishment."
Judge Denise Cote

From upright citizen to inmate, a timeline of Anthony Weiner's fall

A timeline of Anthony Weiner's fall. Before he was Carlos Danger, Anthony Weiner was a promising politician who wanted to change New York. Instead, he had a spectacular, scandal-filled fall from grace.

1985: Weiner joined the Washington, D.C., staff of then-U.S. Rep. and current Sen. Chuck Schumer. Three years later, he transferred to Schumer's Brooklyn office.

1998: Weiner was elected to Congress to fill the seat held by Schumer, who was running for Senate.

2010: Weiner married Huma Abedin, an aide to Hillary Clinton, who was then Secretary of State under President Barack Obama. Her husband, former President Bill Clinton, officiated the nuptials.

June 16, 2011: He announced his resignation from Congress, which occurs on June 21.

May 29, 2011: Weiner claimed his account was hacked.

July 22, 2013: Carlos Danger is born after it is revealed the mayoral candidate, who was leading in the polls at the time, exchanged graphic messages with a woman named Sydney Leathers, who said Weiner used the Carlos pseudonym.

Aug. 28, 2016: The New York Post revealed photos it claims Weiner sent to another woman, including another crotch shot – with his son by his side.

Aug. 29, 2016: Abedin announced her separation from Weiner.

1985 | **1991** | **1998** | **2005** | **2010** | **2011** | **2013** | **2016**

1991: At 27, Weiner became the youngest city councilman in New York history. He held the seat until 1998.

2005: Weiner came in second after vying for the Democratic nomination for mayor of New York City.

May 27, 2011: Weiner tweeted a picture of his lower extremities in just his underwear, which was quickly deleted, but not before it went viral.

June 6, 2011: Weiner admitted to sending the photo and lying about it, but he refuses to step down from Congress.

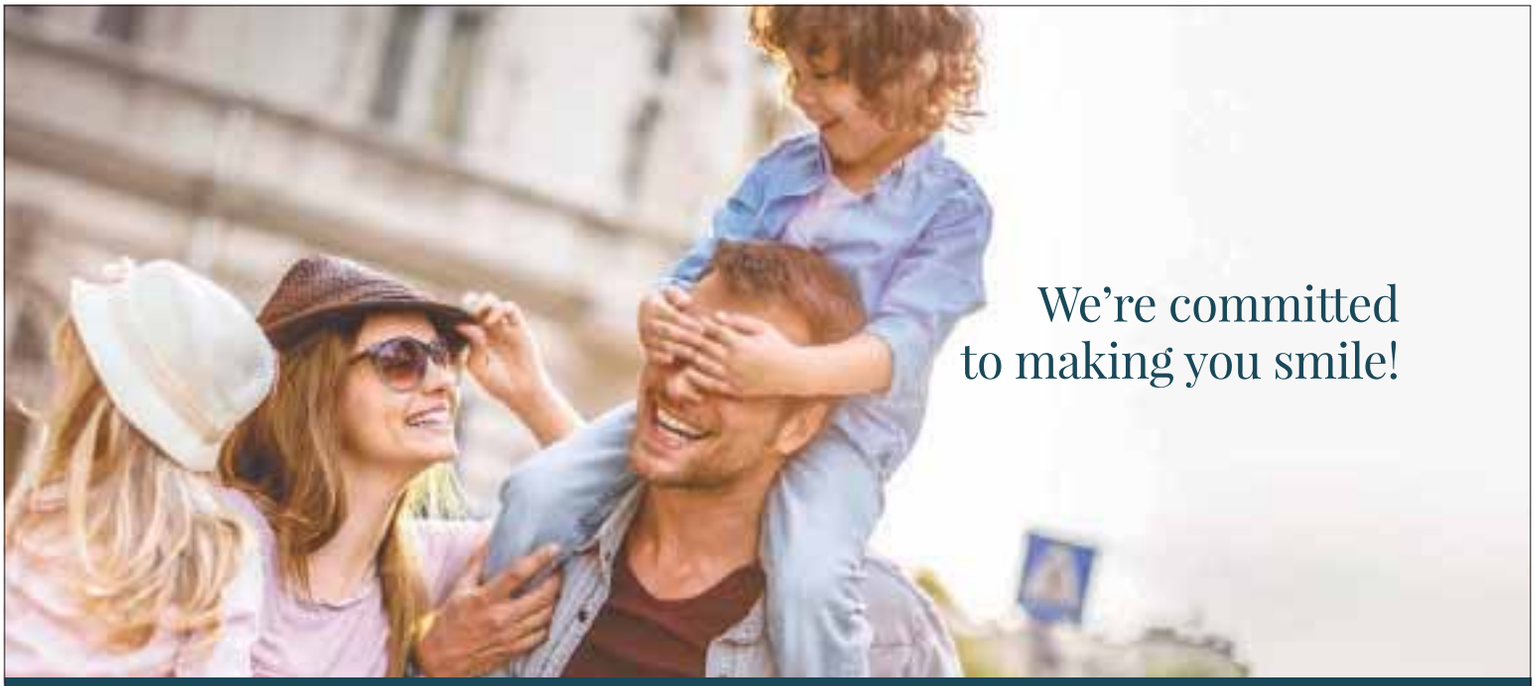
May 22, 2013: After laying fairly low for two years, Weiner seeks absolution — and a second run for Gracie Mansion.

Sept. 10, 2013: Weiner finished fifth in the Democratic primary.

Sept. 21, 2016: A 15-year-old girl told the Daily Mail she exchanged graphic text and video messages from Weiner, who admitted to sending the messages, but said he was the victim of a hoax. Federal investigators seized his computer.

May 6, 2017: Weiner pleaded guilty in the minor sexting scandal.

Sept. 25, 2017: Federal Judge Denise Cote sentences Weiner to 21 months in prison. He is to turn himself in on Nov. 6.



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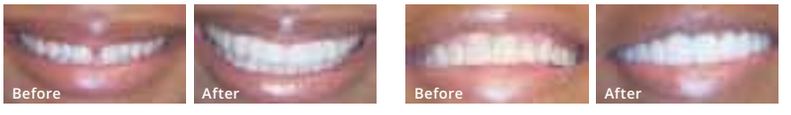

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TUESDAY, SEPTEMBER 26, 2017

Obamas draw cheering crowd in New York as they leave Greenwich Village apartment

The crowds shouted "No. 1" and "still my president."

ERIN TIERNAN
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Former President Barack Obama and first lady Michelle drew cheering crowds as they left a posh apartment building in Greenwich Village on Sunday.

A video shows the former first couple, Michelle dressed in a black dress and Obama in his typical business casual, walking toward a black armored SUV as crowds, held back on the sidewalks by Secret Service, cheer and wave in support.

"We love you!" one patron yelled as former President Obama waved and Michelle offered a smile.

"Still my president," shouted another.

"Number one," the crowd continued. "Thank you for everything."

The Obamas had been spending some time in New York City following a speech the former president gave on Wednesday at a conference for the Bill & Melinda Gates Foundation.

The visit came on the heels of another Republican-lead effort to repeal Barack's landmark healthcare bill, the Affordable Care Act with a bill he said could inflict "real human suffering" on Americans.

While acknowledging that the Affordable Care Act, dubbed "Obamacare" wasn't perfect, Barack Obama said it was better for Americans overall.

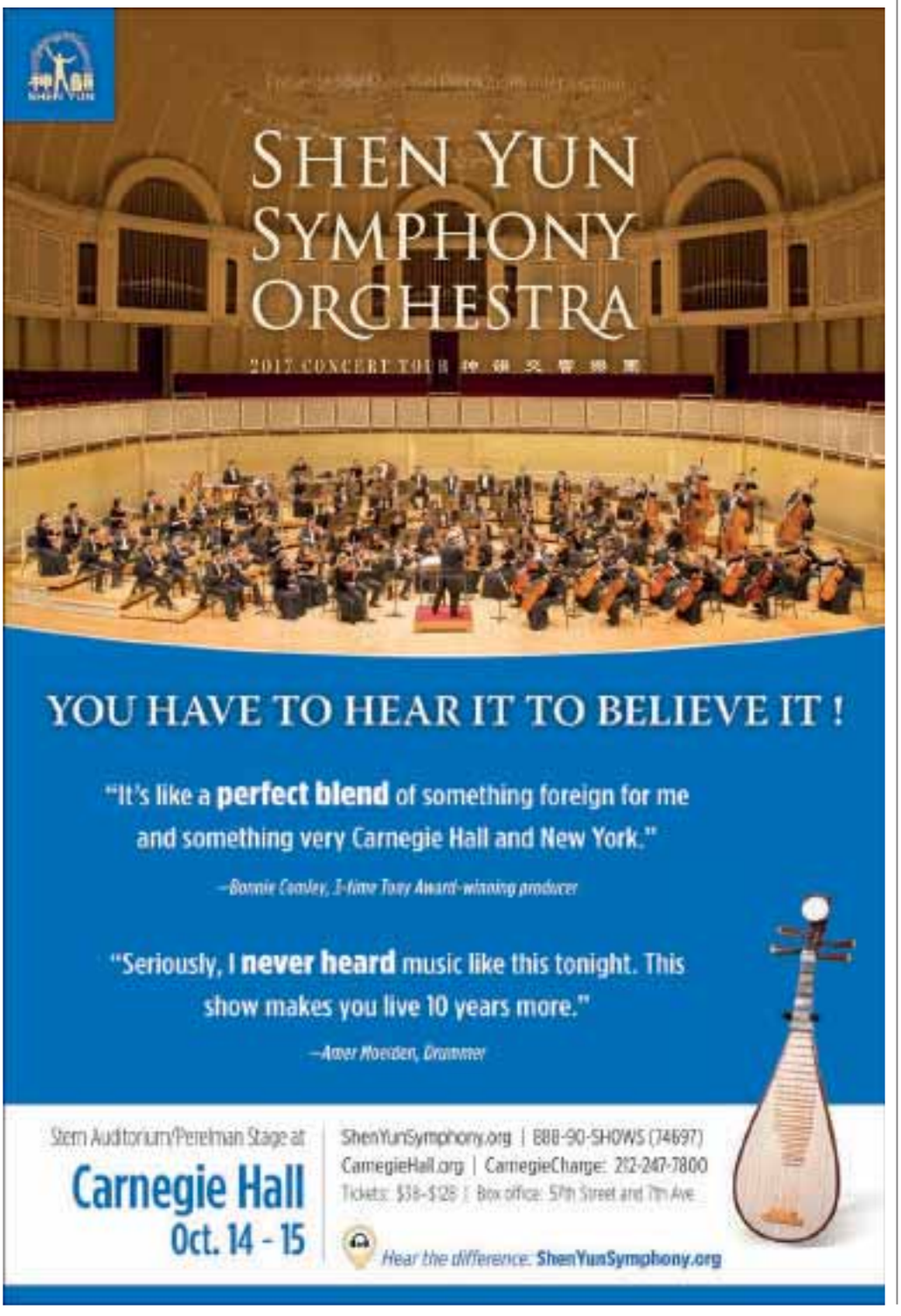
Obama also admitted during his Wednesday address in New York City that he's been "frustrated" by the GOP's repeated attempts to repeal Obamacare and dismantle other portions of his presidential legacy.

"And so when I see people trying to undo that hard-won progress for the 50th or 60th time, with bills that would raise costs or reduce coverage, or roll back protections for older Americans or people with pre-existing conditions — the cancer survivor, the expecting mom or the child with autism, or asthma, for whom coverage once again would be almost unattainable — it is aggravating," Obama said in his speech, which had an overall positive tone.

One of Obama's major sticking points with the Graham-Cassidy bill is that Republicans are pushing for a vote before the Congressional Budget Office has a chance to weigh in.

"'And all of this being done without any demonstrable economic or actuarial or plain common-sense rationale, it frustrates," Obama said.

Republicans have until Sept. 30 to pass the bill under budget reconciliation rules, which would allow it to pass with just 51 votes. So far, senators from Arizona, Alaska, Maine and Kentucky have indicated they are leaning toward "no" votes on the bill as it stands.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Michelle and Barack Obama at a community event for the Obama Presidential Center in May. GETTY IMAGES

NEW JERSEY

New Jersey mayor resigns after admitting corruption charge

The mayor of Paterson, New Jersey, resigned on Monday, a city official said, after the mayor pleaded guilty to a criminal conspiracy charge that he ordered city employees to work at a warehouse leased by his family members.

Mayor Jose Torres, 58, pleaded guilty on Friday in state court to second-degree conspiracy as part of an agreement in which prosecutors will recommend a five-year prison sentence, state Attorney General Christopher Porrino said.

The plea agreement required that Torres relinquish his office, never hold a government job in New Jersey and repay Paterson $10,000 for the time workers spent at the warehouse.

"With this plea, Torres forfeits his position as mayor of New Jersey's third-largest city, will never again be in a position to abuse the public's trust, and will go to prison," Porrino said. "Our message is that this type of arrogant abuse of power and public resources will not be tolerated."

The city employees did painting, carpentry and other work at the warehouse during their regular hours for the city, prosecutors said. REUTERS

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Hurricane Maria forces residents of Puerto Rico to swim from their homes

In the midst of the disaster, calls to 911 were unsuccessful.

DAVID CORDERO MERCADO
@MetroNewYork
letters@metro.us

Only at times when a person is between life and death can he perhaps know the maximum strength and courage of the human being, grasping for the last breath in a struggle for survival.

Hurricane Maria surprised Joseph Rivera, Haniff Mohammed and Isaac Baez on Wednesday morning at their residence in Villa Calma in the Ingenio neighborhood in Toa Baja.

"We saw when our roofs and the roofs of other people were gone. The houses also flew," said Rivera, 22, of Carolina.

Rivera and Mohammed, who are a couple, and their friend Isaac lived together in their house. Despite the threat of the hurricane, they decided to stay in the home. They trusted that the house would withstand the blast of Maria. But at dawn, when the roof began to sag, the three left the residence.

An 85-year-old neighbor sheltered them on the second floor of a home, from where they saw Maria's strong bursts gradually rip out the roof of their home.

At around noon Wednesday, the streets of the Ingenio neighborhood began to flood with a pace that did not allow the residents to leave their residences and streets. In a matter of minutes, the three young people reported, the streets looked like rivers and the water reached unprecedented levels.

"The water began to rise, did not give us time to take the car, clothes – absolutely nothing – it looked like a tsunami. You saw the waves," said Baez, 27, a native of Catano. "We had to save our lives by jumping to other houses, with an 85-year-old woman in our arms, from ceiling to ceiling," Rivera added.

In the midst of the disaster, calls to 911 were unsuccessful. According to Rivera, when they managed to connect the call, they were informed that rescuers would not leave in the middle of the hurricane to perform rescue work. Neighbors in the same neighborhood rescued the old woman using a kayak.

"There, we managed to swim to another house, another roof," said Rivera. "We prayed in one of the houses where we hopped because we thought we were going to die."

From left to right: Joseph Rivera, Hariff Mohammed and Isaac Baez. MIGUEL DEJESUS

While swimming, they claim to have seen alligators pass by, also dragged by the current. Other animals like horses, dogs and cats were fighting for their lives. On more than one occasion, the three young men thought they would be carried away by the current and would die.

"We said goodbye twice, because twice we were about to die," said Mohammed, 22, and a native of Corozal. Exhausted, they managed to get to the house of a neighbor whose residence had not been reached by the high levels of the flood, and there they were refugees until Thursday.

"Thanks to him, we had that day. The other day, we had to swim out again," Rivera said.

"The people who managed to leave Ingenio were thanks to other people who had a little boat," said Rivera.

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SEC hackers accessed authentic data used by companies in tests, sources

The Federal Bureau of Investigation and the U.S. Secret Service have since launched an investigation into a 2016 hack into the SEC'S EDGAR system, several of those people said.

Hackers breached the U.S. Securities and Exchange Commission's computer system last year by taking advantage of companies that used authentic financial data when they were testing the agency's corporate filing system, according to sources familiar with the matter.

The sources spoke anonymously because it is not a public investigation.

The SEC's EDGAR system is a crucial network used by companies to file earnings reports and other material information.

Spokesmen for the FBI, the Secret Service and the SEC all declined to comment, saying they could neither confirm nor deny the existence of an investigation.

The breach occurred in October 2016 and was detected that same month. The attack appeared to have been routed through a server in Eastern Europe, according to an internal government memo describing the incident, which was seen by Reuters.

There was no evidence at the time that data had been improperly retrieved, according to one source familiar with the matter, and the issue was handled internally by the SEC's Office of Information Technology.

The Securities and Exchange Commission (SEC) headquarters building stands in Washington, D.C. GETTY IMAGES

Only after the SEC's Enforcement Division detected a pattern of suspicious trading ahead of company public disclosures did officials go back to the agency's technology staff and ask if some companies were using authentic data when they were testing the EDGAR system, one of the people said.

The person said that "not many companies" had submitted real data that is believed to have been hacked.

The test process "is for people to submit test filings to ensure that they format correctly and don't have submission errors," the person said.

"They normally use that right before they file their normal reports. They are supposed to use dummy data," the person said. "However, it is still supposed to be protected the same way in case they do something stupid. A couple companies did, and it wasn't protected properly."

SEC Chairman Jay Clayton will confirm the enforcement division's ongoing investigation when he testifies Tuesday before the Senate Banking Committee, according to prepared testimony reviewed by Reuters.

He has also asked the SEC's Office of Inspector General to investigate the intrusion itself, the scope of non-public information that was stolen and how the SEC responded to the incident, which he said was properly reported to the Department of Homeland Security's Computer Emergency Readiness Team. REUTERS

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Trump travel ban on more solid ground as top court cancels hearing

Trump has been trying for most of the year to create a ban that passes court muster.

The Supreme Court signaled on Monday it may dismiss a challenge to President Donald Trump's controversial travel ban after the White House announced tailored restrictions on eight countries that legal experts said stand a better chance at holding up in court.

The high court canceled oral arguments scheduled for Oct. 10 to decide whether or not a March 6 executive order that temporarily blocked travel from six Muslim-majority countries was discriminatory.

That ban expired on Sunday. The president replaced it with a proclamation that indefinitely restricts travel from Iran, Libya, Syria, Yemen, Somalia, Chad and North Korea. Certain government officials from Venezuela will also be barred. The new ban, Trump's third, could affect tens of thousands of potential immigrants and visitors.

The Sunday proclamation, which he said is needed to screen out terrorist or public safety threats, could be less vulnerable to legal attack, scholars and other experts said, because it is the result of a months-long analysis of foreign vetting procedures by U.S. officials.

It also might be less easily tied to Trump's campaign-trail statements some courts viewed as biased against Muslims.

"The greater the sense that the policy reflects a considered, expert judgment, the less the temptation [by courts] to second-guess the executive," said Saikrishna Prakash, a professor at the University of Virginia School of Law, in an email. "It looks less like a matter of prejudice or a desire to fulfill a campaign promise."

In its brief order, the high court asked the Trump administration and the ban's challengers, including states and refugee advocacy organizations, to file briefs on whether the case should be dismissed.

Trump's March 6 ban sparked international outrage and was quickly blocked by federal courts as unconstitutional discrimination or a violation of immigration law.

In June, the Supreme Court allowed a limited version of the ban to go ahead while the justices prepared to hear arguments over its legality on Oct. 10, a date they have now scrubbed.

In 2016, more than 72,000 nonimmigrant and immigrant visas were issued to the countries covered by the new ban, excluding Venezuela, with nearly half of those going to Iran. Only nine North Koreans immigrated to the United States in 2016 and 100 were granted nonimmigrant visas.

The new ban is set to go into effect on Oct. 18, but it already applies to five of the six countries covered by the March 6 ban, according to a U.S. State Department cable issued on Sunday and obtained by Reuters.

Sudan was dropped from the list of banned countries after the Sudanese government provided information required under the new criteria set out by the Trump administration earlier this year, a White House official said on Monday.

The government has said the president has broad authority in immigration and national security matters, but challengers to the March ban had argued that it ran afoul of the U.S. Constitution's bar on favoring one religion over another. REUTERS

People hold banners during a rally by the Council on American-Islamic Relations outside Trump Tower on July 4, 2017. GETTY IMAGES

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NASCAR owners to fire drivers who kneel for anthem

One of NASCAR's all-time greats, Jimmie Johnson, during the national anthem at Sunday's race in New Hampshire. GETTY IMAGES

The United States' largest auto racing organization is taking a no-nonsense approach to national anthem dissent.

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After a Sunday of unity and controversy in the NFL, the United States auto racing giant NASCAR made it crystal clear that there will be no repeat of the dozens of football players demonstrating during the national anthem.

In a report by the Associated Press, owners made it be known that there will be no tolerance for drivers or crew members that do not stand for the national anthem.

"Anybody that don't stand up for the anthem oughta be out of the country. Period," NASCAR legend Richard Petty said. "What got 'em where they're at? The United States."

Richard Childress, the owner of Richard Childress Racing, echoed Petty's sentiments.

"It'll get you a ride on a Greyhound bus," Childress said. "Anybody that works for me should respect the country we live in. So many people gave their lives for it. This is America."

There were no reported instances of national anthem dissent at NASCAR's Cup Series race in Loudon, New Hampshire on Sunday.

While the organization is taking a staunch stance on the anthem, it is interesting to note that the Confederate flag is a normal sight among infields and tailgates at NASCAR races.

NASCAR owners were prompted to comment on the anthem after the President Donald Trump's remarks on NFL players kneeling for the national anthem.

At a rally in Alabama on Friday, Trump baited the crowd.

"Wouldn't you love to see one of these NFL owners, when somebody disrespects our flag, to say 'Get that son of a bitch off the field right now, out, he's fired," he said.

NFL owners condemned Trump's comments while players demonstrated their right to protest the anthem by either kneeling, linking arms or raising their fists.

TRUMP TWEETS

Trump tweet from 2013 says a president shouldn't tell an NFL team what to do

Thanks to the Donald Trump Twitter account, the president is once again eating his words.

Doubling down on comments he made at a rally in Alabama on Friday, President Trump on Sunday condemned athletes, specifically football players, who engaged in silent protests.

"Sports fans should never condone players that do not stand proud for their national anthem or their country. NFL should change policy," Trump tweeted on Sunday.

Over the weekend, players from several teams took a knee or kneeled as "The Star-Spangled Banner" played. The silent pregame started with San Francisco 49ers quarterback Colin Kaepernick last season, who kneeled to draw attention to social and racial injustice in the United States. It is a move Trump has been quick to condemn as "disrespectful."

But his direction for NFL team owners comes in direct contrast to the advice then businessman Trump had for then-President Barack Obama in 2013, who said he would "think about changing" the name of the Washington Redskins if he were the owner, knowing that "redskin" is a slur again Native Americans.

"President should not be telling the Washington Redskins to change their name-our country has far bigger problems! FOCUS on them, not nonsense," Trump tweeted on October 8, 2013.

Trump earned major criticism for his weekend for his focus on the NFL national anthem protests as Puerto Rico stands battered, without power and with dwindling supplies following strikes from several major hurricanes.

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"Demand Soars For Innovative Arthritis Treatment FDA

NYC Pain MD doctors offer powerful, cutting-edge arthritis treatment… prepares for over

By Matt Edgar
America's Health Writer

Arthritis sufferers can't get it fast enough and doctors offering it can't keep up with the demand. "Results are better than even I anticipated" noted one of the treating docs at the ***NY Pain MD*** Center for Non-Surgical Medical Relief Of Spine And Joint Pain with two locations right here in NYC.

He was referring to their innovative arthritis treatment program featuring Advanced Image-guided "Visco-Supplementation" at the conveniently located clinics..

"The response continues to be overwhelming. Once patients found out there was an FDA cleared, doctor-administered arthritis treatment that actually works – without the side effects of oral pain pills or risks of replacement surgery - and has enough scientific research that it is covered by many insurances and even Part B medicare – the offices continue to be deluged with arthritis pain sufferers wanting to find if they,too, can be helped. And newer research indicates it can help hips,ankles and shoulders as well".

What Is This Treatment And How Does It Work?

If you are suffering with knee (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or "arthritis" affects 21 mil-lion Americans and typically involves the weight bearing joints – like your knees. According to the American College of Rheumatology, nearly 70% of people over the age of 70 have x-ray evidence of the disease (and the ranks of much younger victims of this progressive disorder continue to grow significantly).

The worst thing is*:* Arthritis can be devastating. The pain can keep you up at night and make getting out of bed and moving around a daunting task. The pain and stiffness can suck all the happiness and joy right out of your life

And up until now, treatment options have not been that good…or that appealing to most patients. The basic protocol has been a steady diet of toxic pain pills until your joints completely wear out and then it's time to surgically replace the knee joint.

Read This If You Have Already Had Treatment Without Good Results

Even if you've failed Synvisc, Supartz, or other arthritis programs or had "blind" procedures, good results may still be possible
when using ***NY Pain MD*** methods utilizing Precision Arthritis Targeting Technology (P.A.T.T).
To achieve the best results.

But Now Things Have Changed

Osteoarthritis is a joint disease that mostly affects the cartilage. Cartilages the tissue that covers the ends on bones in a joint. When healthy, cartilage allows bones to glide smoothly over one another and acts as a shock absorber. Your" normal" knee also contains a small amount of fluid called synovial fluid. This synovial fluid is a thick, gel-like solution that cushions and lubricates the joint–much like oil lubricates the engine of your car.

In osteoarthritis, the synovial fluid loses it's lubricating properties and "dries up" allowing the cartilage to break down and wear away. This is *like running your car with little or no oil*. Now as you attempt to use your knee(s), there is not enough lubrication causing the bones to grind together resulting in pain, swelling, stiffness and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain. Pain pills do NOT lubricate the joint or fix the problem. They simply mask the pain so you do not feel the pain as your joints continue to deteriorate. The eventual repercussions of this are obvious.

"Visco" Is Very Different

And here is why: It contains hyaluronate, one of the two natural lubricating agents found in your own synovial fluid. Visco-supplementation is precisely introduced directly in to your knee joint in a series of 3-5 treatments (depending on severity) over a 4 to 6 week period. This instantly cushions the joint, reduces friction and allows greater motion with less pain or no pain at all in some cases.

This treatment not only lubricates the joint, but it acts as a shock absorber helping reduce grinding, inflammation and pain. **Here's something very important to consider**: Even though these lubricating medicines are non-toxic natural substances and are NOT considered a drug, it is NOT something you can get at your local health food store. It is scientifically researched and produced by pharmaceutical companies, FDA cleared and can ONLY be administered by a qualified Doctor.

What's Results Can You Expect?

According to one developers and manufacturers of these special gel medicines ... "A course of treatment –will relieve pain in a majority of patients for 6 months without the safety concerns of non-steroidal anti-inflammatory drug (NSAID) therapy. In many patients, the effect is likely to last even longer than 6 months."And the best part is: Since these gel lubricants are natural substances; they can be used over and re over when necessary without risk. If it works for you, you may be able to look forward to years with less pain.

Who Should Consider Viscosupplementation... Where Can You Get It And...When Should You Start?

You should certainly consider The ***NY Pain MD*** method if you have been diagnosed with knee arthritis or told you need a knee replacement. If you have not been diagnosed with arthritis but have either knee pain, stiffness, swelling, difficulty walking or climbing stairs or loss of motion in the knee – you should have an examination to determine what the cause of your problem is. If you have any of those issues mentioned, there is a very good chance you already have-or are starting to get arthritis.

Very Important – Do Not Wait - Here's Why …

Studies indicate that if the arthritis is caught soon enough, the cushioning effect of the treatments c may be able to help the knee heal and possibly, slow the arthritis thus help avoid joint replacement surgery. In other words, the sooner you start – the better. Does the procedure hurt? A local anesthetic is given to numb the area and the procedure is virtually painless. Most patients say it feels like nothing more than a slight"pinching" sensation… that's it.

Why Treatments At *NYC Pain MD* Are So Extremely Precise

Our doctors are particularly well-trained in a state-of-the-art digital fluoroscopic imaging - also known at Precision Arthritis Targeting - which allows them to see directly inside the joint during the procedure and get the natural cushioning medicine exactly where it needs to go. This makes sure treatments have the best possibility for maximum success. This is crucial because studies indicate that when doing these types of procedures - without digital imaging - it can miss the

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joint space up to 30% of the time rendering the treatment outcomes less effective.

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All the doctors at ***NY Pain MD*** are extremely excited about the response and results with this wonderful treatment and would like to share it with as many arthritis sufferers as possible.

Here’s How To Get A Free Screening at *NYC Pain MD*

Simply call 877-503-3720 and when Aura, Travis or Priscilla answers the phone tell them you want your No-Obligation “Knee Pain Screening”. Discover if The ***NYC Pain MD*** Program can ease your knee arthritis pain like it has already done for so many others.

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But There Is A Problem…

Even though this advanced treatment can help many patients, it is not a wonder cure or a magic wand. It does not help everyone. For that reason, every potential patient should have a complete examination. You will only be accepted if we feel you are most likely to get the pain relief and outcome you are looking for.

That’s why ***NY Pain MD*** would like to invite you to come in for a knee arthritis screening at no cost to see if you actually are a candidate for comprehensive evaluation and possible treatment. All you have to do is call 877-503-3720 right now and when the scheduling coordinator answers the phone, let them know you want to schedule a “ ***NY Pain MD*** **Knee Pain And Arthritis Screening.**” They will know exactly what you are talking about and schedule you for our first time available. Dur-ing this time you can get all of your questions answered in a warm, friendly environment and begin to find out if the ***NY Pain MD*** protocol is right for you. But if you would like to do this, you should call right now. The demand for this procedure has been overwhelming with hun-dreds calling weekly . Since our doctors cannot possible screen everyone and we always make sure to give every single patient the personal attention they deserve, we have to limit these encounter. Therefore, the number of No-Cost,

No Obligation screenings is limited to just 20. But… just imagine how it would feel to have much, if not all, of your knee pain finally gone. Imagine going to bed and being able to sleep through the entire night – and waking up refreshed and energized… ready to take on the brand new day … without the arthritis pain that’s been terrorizing you and ruining your life. And imagine finally knowing you have a treatment to manage the pain caused by your knee arthritis. Well, you may not have to just “imagine” any more… because our specialized medical regimen could be the answer you’ve been looking for. If you’d like to find out - at no cost to you - if we can help, simply give ***NY Pain MD*** a call at 877-503-3720 right now. Why wait one more day in pain when you may not have to? Call now before some one else get’s your spot.

One More Thing & This Is Important…

Ever since offering this innovative treatment, our office has been flooded with calls. For that reason, if when you call, the lines are busy or you get voice mail… just keep calling back. The possibil-ity of living pain-free is well worth the effort it may take to get through to ***NY Pain MD*** schedule your No-Cost, No-Obligation screening.

And don’t forget: The special treatments are covered by many insurances and even Part B medicare for qualified candidates. To schedule your No-Obligation screening and consultation, call to speak to one our scheduling coordinators.

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Aaron Judge broke Mark McGwire's rookie record with his 50th home run on Monday afternoon. GETTY IMAGES

Yankees' Aaron Judge hits 50th HR, breaks MLB record

The young slugger moved past Mark McGwire on Monday afternoon.

JOE PANTORNO
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New York Yankees rookie Aaron Judge has had a historic first full season in Major League baseball and on Monday afternoon, he etched his name in the record books.

Judge launched a pair of home runs in the Yankees' 11-3 win over the Kansas City Royals, upping his season total to 50 and breaking Major League Baseball's record for most round-trippers recorded by a rookie ever.

The single-season mark was previously held by Mark McGwire, who hit 49 in 1987 with the Oakland Athletics.

Judge got his day going in the third inning when he took a full-count offering from Kansas City Royals pitcher Jakob Junis the other way to right-center to tie the record.

It was his first round-tripper this year off a Royals pitcher, making it the 17th different team he homered off of in 2017.

He picked up No. 50 in the seventh inning when he took reliever Trevor Cahill out to left field.

McGwire was just 23 years old, two years younger than Judge when he set the rookie record 30 years ago.

Frank Robinson of the Cincinnati Reds and Wally Berger of the then-Boston Braves had previously held the record as each hit 38 in 1956 and 1930 respectively.

It's mixed company for Judge to be in. Robinson went on to hit 586 home runs on his way to a Hall of Fame induction in 1982.

McGwire has the numbers to be a Hall of Famer with 583 home runs of his own, including a then-league record 70 in 1998, but his links to steroids have kept him out of Cooperstown.

Regardless, it's been a remarkable campaign for Judge which has been streaky at times. But there is no denying that he is one of the premier power hitters in baseball that will wreak havoc on pitching for years to come.

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POLITICS

Sen. Chuck Schumer speaks at the Capitol on Sept. 19, 2017. GETTY IMAGES

Senate Democratic leader Schumer calls for speedy Puerto Rico relief

U.S. Senate Democratic leader Chuck Schumer on Monday said lawmakers from his party "insist" Puerto Rico be included in any supplemental federal disaster relief packages for hurricanes Harvey and Irma.

Hurricane Maria slammed Puerto Rico last week, tearing apart buildings and infrastructure, flooding communities and downing communications to nearly all of the U.S. territory's 3.4 million residents.

"Puerto Rico has taken a serious punch to the gut," Schumer said during his opening remarks on the Senate floor. "They need our help they, need it now."

Schumer also urged his constituents to add the U.S. Virgin Islands, which were ravaged by Hurricane Irma several weeks ago, and western U.S. states ravaged by wildfires to future hurricane-related federal relief packages.

He asked for additional aid packages to be prepared quickly.

President Donald Trump signed a bill on Sept. 8 extending the government debt limit for three months and providing about $15 billion in aid for states struck by Hurricane Harvey Hurricane Irma.

Puerto Ricans are U.S. residents but they do not pay federal income tax or vote in presidential elections. There is a growing movement by residents to have their island become the 51st U.S. state, giving them more access to federal funds and the right to vote for U.S. president.

REUTERS

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US healthcare bill appears doomed after Maine's Sen. Collins says no

Sen. Susan Collins has now stated her official opposition to the latest effort to overturn Obamacare.

A last ditch Republican effort to repeal Obamacare appeared doomed late on Monday after Senator Susan Collins became the third Republican senator to announce opposition to the bill.

Collins, who joined Sens. John McCain and Rand Paul in opposing the legislation, told reporters that sweeping cuts in the Medicaid program was the main reason for opposing the bill to end Obamacare, a top priority for President Donald Trump.

Collins said the bill would have taken more than a trillion dollars out of Medicaid, a program for low income citizens and disabled children, between 2020 and 2036. She also opposed the bill for weakening protections for people with pre-existing conditions, such as asthma, cancer and diabetes.

"So for those reasons, I cannot support the bill," Collins told reporters outside the Senate chambers.

Collins' decision came even after the sponsors of the bill, Lindsey Graham and Bill Cassidy, offered sweeteners for her state, Maine, and Alaska.

For seven years, Republicans have vowed to get rid of Democratic former President Barack Obama's signature healthcare law, which extended health insurance to some 20 million Americans. They believe it is an unwarranted and costly government intrusion into healthcare, while also opposing taxes it imposed on the wealthy.

Sen. Susan Collins, a Republican from Maine, speaks to members of the media at the Capitol on Sept. 19, 2017. GETTY IMAGES

Collins announced her opposition shortly after the non-partisan Congressional Budget Office said that the number of people with health insurance covering high-cost medical events would be slashed by millions if it were to become law.

Collins said the White House had lobbied her hard in recent days.

"The president called me today, the vice president called me in Maine over the weekend, Secretary Price has called me – it would probably be a shorter list of who hasn't called me about this bill," she said.

Television talk show host Jimmy Kimmel, who had become part of the debate on U.S. healthcare legislation in May after discussing his newborn son's heart surgery, had taken aim at the bill in recent days. On Monday he tweeted: "Thank you @SenatorCollins for putting people ahead of party. We are all in your debt."

Sen. John Cornyn, the chamber's second most powerful lawmaker, said no decision had been made on whether to have a vote on the healthcare bill. REUTERS

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Video shows subway surfer regretting his decision

Just days after a teen was seriously injured while subway surfing, a video of another person riding outside a New York City subway train has gone viral.

The video, posted to Instagram on Sunday by Subway Creatures, had 223,557 views as of Monday. It shows a man looking frightened as he seemingly hangs on to the doors while his T-shirt flaps in the breeze as the train speeds along.

The caption pretty much says it all: "He's got that 'I made a big mistake' face."

When reached for comment, the MTA said only that subway surfing is "illegal and extremely dangerous."

The NYPD seconded that. "Each year we see teens killed engaging in so-called subway surfing," the department told Metro. "This is the primary reason we enforce rules prohibiting moving between the train cars."

A video shared on Instagram shows a man regretting his decision to subway surf in New York City. INSTAGRAM/@ SUBWAYCREATURES

Last Tuesday, a 13-year-old subway surfer was injured after he hit a sign and fell off an F train near Neptune Avenue in Coney Island.

He was taken to Maimonides Medical Center in serious condition, the New York Daily News reported, and suffered cuts on his face and stomach — and also had ruptured his testicles.

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It's not a bad thing to want a great education. Moreover, it's not an evil thing to want to be accepted into an Ivy League or other school well known for rigorous academic programs. But by getting into one of these prestigious institutions, you should really take into consideration how much debt you will be in once you've received your degree.

These universities are thought of as the cream of the crop and launching pads for the upper echelon of society. U.S. News recently published its list of the top 10 schools in the country, and the usual suspects were all included: Ivies like Princeton, Harvard and Yale, plus the academically demanding University of Chicago, Columbia and Stanford all took the top spots.

These schools are known for their tough curricula, but they have another thing in common: high tuition. That can be a big problem for students who don't come from privileged backgrounds — it can mean years of paying off debt.

This is an issue that Adrian Ridner, CEO and co-founder of Study.com, takes to heart.

Thanks to the cachet attached to their names, these schools can certainly offer a huge leg up to any student who is lucky enough to be accepted.

But if the cost is unrealistic, you should choose a school that makes sense for you financially and the course of study you want to pursue. Each of these schools cost north of $45,000 a year, and as Ridner sees it, that is just too much money to be paying for an education.

"If you're going to go into $200,000-plus worth of debt, it's not worth going to these schools," Ridner says. "You look at the student-debt crisis, we have over $1.4 trillion in student debt in the United States. More than 44 million students have an average debt of $34,000 for their college career."

"You can get a good education anywhere; it's really about the effort you put into it."

Adrian Ridner, CEO and Co-founder of Study.com

This kind of debt can negatively affect the rest of your life and make it hard for you to enjoy the benefits of earning such a coveted degree.

"If you're getting a full ride, if you're getting significant financial aid or if you are fortunate enough to be able to afford it, there are some marginal benefits," says Ridner. "The brand name can help you to unlock some doors.

"But in reality, if you get into $200,000 of debt, it will impact the rest of your life."

This might be a sobering realization for students fortunate enough to be accepted to any big-name school.

But as Ridner sees it, your education is only as good as you make it, and employers are going to focus on the experience you gain during your time in college rather than your actual degree. Finding valuable internships and activities that can build up your professional experience before you graduate will give you as big an advantage as an expensive diploma.

"You can get a good education anywhere, it's really about the effort you put into it," he says. "College is really the beginning. You'll have many opportunities to learn on the job."

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Our favorite moments from 'This Is Us' so far

Susan Kelechi Watson as Beth, Eris Baker as Tess Pearson and Sterling K. Brown as Randall in "Last Christmas."

Chris Sullivan as Toby and Chrissy Metz as Kate hit the dance floor. ALL PHOTOS NBC

Spoilers below.

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jennifer.logue@metro.us

Simply watching the first episode for NBC's "This Is Us" will have you hooked. With its relatable and cast of complex characters, twisting plot lines and heartfelt moments, it's impossible to make it through an episode without crying. With the season two premiere tonight, we thought it would be cool to look back on some of our favorite "This Is Us" moments.

Randall's daughter Tess tells it like it is

In the "Last Christmas" episode, William (Ron Cephas Jones) brings his lover, Jesse (Dennis O'Hare), to dinner at Randall's (Sterling K. Brown) house. Randall has just gotten to know his father, who's been missing from his life for the past 35 years.

Kevin has a pretty epic breakdown on the set of "The Manny."

His young daughter Tess (Eris Baker) sees William and Jesse cozying up at the piano and says to her dad: "Dad, grandpa is gay. Or at least bi." Kids!

Kevin lets Miguel wear the Pilgrim hat

A Pearson family tradition involves telling the story of Thanksgiving wearing a Pilgrim hat, with each member of the family taking turns. Miguel (Jon Huertas), their stepfather, tries his best to be accepted by Kevin (Justin Hartley), his stepson, but the relationship is clearly strained. This year, however, Kevin finally let Miguel wear the Pilgrim hat and the moment warms the heart.

The whole first episode

In the pilot, each story is presented separately and you're not quite sure how each character is connected — until the end. From triplets to a miscarriage to a spur-of-the-moment adoption, the whole darn thing is an emotional roller coaster and beautifully written.

Rebecca and Jack get ready to welcome triplets.

Pot brownies

Sometimes we need a reminder that just because someone is older than we are doesn't mean they don't enjoy the same things we do — like pot brownies. When Beth (Susan Kelechi Watson) makes pot brownies for William, they're finally able to connect and get to know one another. It also sets the stage for the revelation of the secret.

Randall finds out the secret

Beth finds out first from William that he's been in touch with his son's adopted mother, Rebecca (Mandy Moore) from the beginning. She wants Rebecca to be the one to tell him but in the end, Randall finds out himself on Thanksgiving Day while rummaging through William's belongings.

The most epic sibling brawl

You have two brothers, Kevin and Randall, who are extremely competitive with each other, fighting in Times Square and interrupted by Seth Meyers (playing himself). It doesn't really get much crazier

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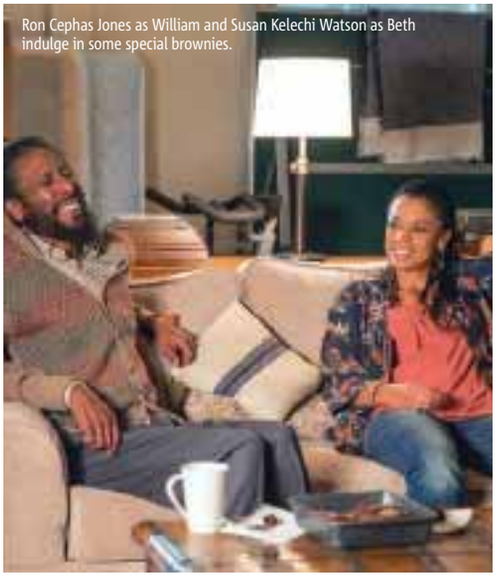


Ron Cephas Jones as William and Susan Kelechi Watson as Beth indulge in some special brownies.

Mandy Moore as Rebecca, Mackenzie Hancsicsak as 8-year-old Kate, Milo Ventimiglia as Jack, Lonnie Chavis as 8-year-old Randall and Parker Bates as 8-year-old Kevin in "The Pool" episode.

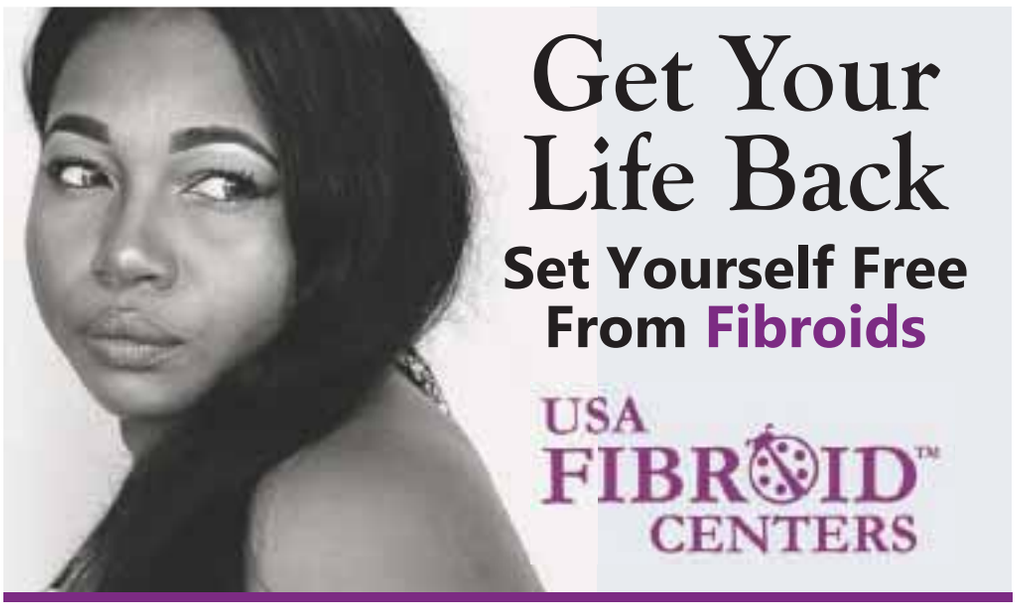
than that, especially when one of the brothers plays a famous actor in the show.

The pool
Rebecca as a young mom has a lot to juggle but also puts up defenses when it comes to asking for help. When Yvette (Ryan Michelle Bathe), an African-American mother her age, remarks that Randall needs to go to a different barber, Rebecca at first takes offense. By the end of the day, however, she opens up to receiving help and schedules more playtime for Randall with Yvette's kids.

Toby takes Kate to the nursing home
Kate (Chrissy Metz) is a beautiful person who lacks confidence in herself. When her boyfriend, Toby (Chris Sullivan), discovers she can sing, he encourages her to perform. She brushes him off, but he doesn't relent and next thing you know, he appears at her house with a chauffeur's hat and a camera — treating her like a celebrity. He takes her to his aunt's nursing home and schedules Kate to sing a song for its residents, easing her into the spotlight gently. It's a sweet and memorable moment.

Manny's breakdown
Kevin is an actor best known for his role as "The Manny" — a goofy but popular sitcom. Filmed before a live television audience, he's perpetually shirtless while taking care of a baby. (Nanny, but a man, get it?) In a special episode with the late Alan Thicke, he completely loses it and quits on the air in front of everyone. When you've had enough, you've had enough. (Am I right?)

Season two of "This Is Us" premieres tonight at 9 p.m. on NBC.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Warm up to Iceland

Iceland's rugged landscape has made the Scandinavian country a hot destination. GETTY IMAGES

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Four days of (mostly) free events will bring a Taste of Iceland to New York this week.

LINDA LABAN
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Iceland's dramatic landscapes and hot springs surrounded by icy tundra have made it the destination of choice for outdoorsy types in recent years. But if hopping on a plane is not on your schedule, don't worry — the first-ever Taste of Iceland is bringing the adventure to you.

"Iceland as a destination has become extremely popular," says Bergthora Laxdal, a culture attaché with the Consulate General of Iceland. "We've done small events before, but this is the first full festival."

The four-day array of cultural and edible programming takes place Sept. 28-Oct. 1 at venues across Brooklyn, with the full listing at icelandnaturally.com.

Not only will you save on airfare, but most events offer free admission. You can learn about Icelandic designers and the country's flourishing handmade fashion scene at Artists & Fleas (Sept. 29, 70 N. Seventh St.), or even rub elbows with the country's first lady, Eliza Reid — who is also a writer and editor — as she leads a mini literature festival at Spoonbill & Sugartown Booksellers (Sept. 30).

Laxdal shared her own special tips for experiencing the best of Iceland's cool culture.

The flavors of Iceland

Get to know Iceland's take on aquavit, brennivín, which is flavored with caraway. "When I was growing up, it would be something people took a shot of after dinner," says Laxdal. "Now, they are making cocktails with it because it blends well with other ingredients."

Another nostalgic favorite from home is lamb and langoustines. "I want everyone to experience them. This is what we would cook in our homes. The lambs roam wild and have a special flavor from the herbs they eat."

Try it all at Greenpoint's Scandinavian restaurant Norman. The

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Mammut bring their all-female rock power to the Knitting Factory. ALL PHOTOS TAYLOR BANASIK

Iceland's chef of the year is cooking at Norman for four nights.

Try a cocktail made with brennivín, a caraway-flavored liqueur.

restaurant will lend its kitchen to Iceland's chef of the year, Viktor Örn Andrésson, for a four-course prixe fix Icelandic dinner ($55 per person) paired with bespoke cocktails made with brennivín and vodka from Reyka, a co-sponsor. *Thurs-Sun., from 4 p.m., 29 Norman Ave., 347-966-2092, restaurantnorman.com*

Beyond Bjork

There's more to know about Icelandic music than its most famous acoustic export. "Mammút has a distinct sound and a huge stage presence," Laxdal says. "People outside of Iceland are beginning to get to know her music."

Icelandic musicians Fufanu and Mammút join New-York-based electro pop duo Salt Cathedral for the Reykjavik Calling concert at the Knitting Factory. *Sept. 30, 7 p.m., 361 Metropolitan Ave., bk.knittingfactory.com*

Visual culture

Take in a 75-minute short film festival at Nitehawk Cinema featuring selections from Iceland's annual Stockfish Film Festival, aptly dubbed Shortfish. "The Shortfish films are made by original thinking, mostly young artists," Laxdal says. "They deal with mental illness, heartache, love, disappointment. Icelandic film is traditionally very heavy and dark, but it's changing: it's lightening up."

Sept. 28, 7 p.m., 136 Metropolitan Ave, Brooklyn, nitehawkcinema.com

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CVS to limit opioid prescriptions

In an effort to combat the nation's addiction crisis, beginning Feb. 1 the national pharmacy giant will impose new restrictions on how drugs such as oxycodone are dispensed.

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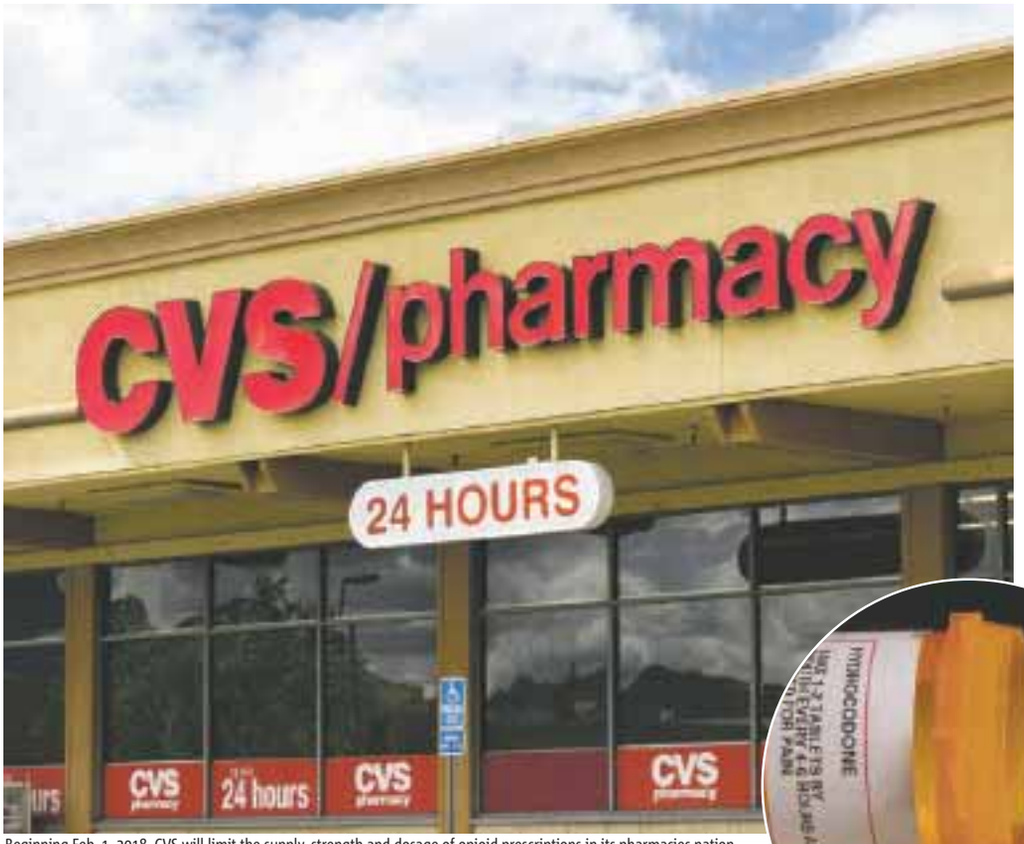

Beginning Feb. 1, 2018, CVS will limit the supply, strength and dosage of opioid prescriptions in its pharmacies nationwide ISTOCK

In a constructive step forward in the fight against our country's opioid crisis, CVS announced Friday that it will implement new restrictions on how opioid prescriptions are dispensed in stores nationwide, beginning Feb. 1, 2018.

The national pharmacy chain will limit opioid prescriptions to a seven-day supply for patients seeking pain treatment for the first time. Additionally, it will restrict the daily dosage of opioid pills, based on the strength of the opioid, and require immediate-release formulations before approving extended-release formulations, which are much stronger.

Beyond these regulations in dosing and quantity, there will be an education component, too: CVS pharmacists will counsel patients filling new prescriptions in opioid safety and the risks of addiction, based on guidelines established by the Centers for Disease Control and Prevention (CDC).

This has the potential to make a huge impact, as CVS is one of the largest national pharmacy chains in the nation, with almost 10,000 stores and more than 1,100 walk-in medical clinics, and provides prescriptions to nearly 90 million people each year.

According to the CDC, opioid overdoses have quadrupled since 1999, and in 2015, prescription opioids were involved in 15,281 deaths. In 2016, 214,881,622 opioid prescriptions were dispensed by retail pharmacies.

In 2015, prescription opioids were involved in more than 15,000 deaths. ISTOCK

"Without a doubt, addressing our nation's opioid crisis calls for a multipronged effort involving many healthcare stakeholders, from doctors, dentists and pharmaceutical companies to pharmacies and government officials," Larry J. Merlo, president and CEO of CVS Health, said in a release.

CVS will also expand its Medication Disposal for Safer Communities Program to a total of 1500 kiosks and disposal units in CVS pharmacies nationwide.

"Making sure people can safely dispose of unwanted medications is a key part of preventing opioid misuse and abuse, and CVS Health has taken this important step which will support the health of communities across the country," said Richard Baum, acting director of National Drug Control Policy.

Significantly, CVS has made naloxone (known popularly by its brand name, Narcan), an opioid-overdose reversal medication, available over-the-counter in 41 states.

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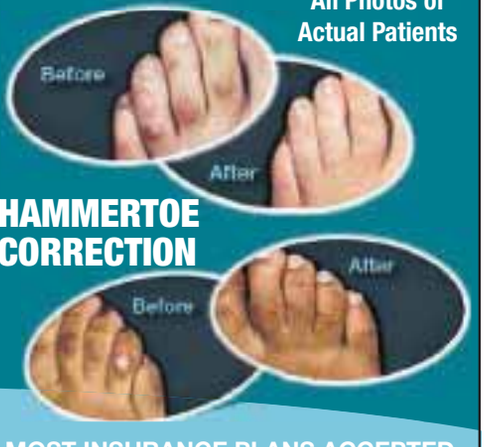

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Reminder: Harry & Meghan are in love

Sitting. Romantic!

Handholding. Sometimes parental. Sometimes romantic!

In case anyone was momentarily worried, I'd like to assure you that yes, Prince Harry and Meghan Markle are still in love — it's not just something Markle made up to get a Vanity Fair cover. And now, we have proof. Not only did they sit next to each other at the Invictus games, but they held hands afterward! Now if that doesn't completely confirm that their love is one for the ages, I damn well don't know what does!

Ian & Nikki would like to be relevant

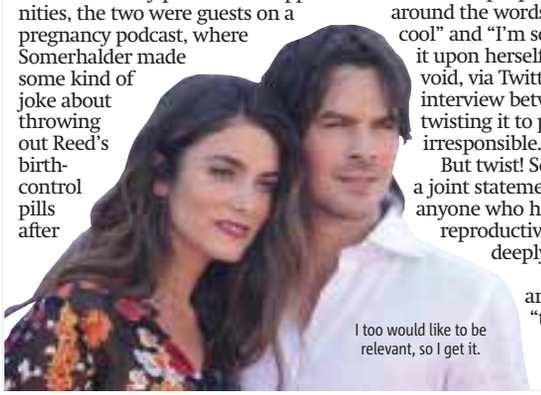
Ian Somerhalder and Nikki Reed are two C-list actors who are married and have a baby. The pair are both mostly famous for playing blood thirsty (for attention) vampires in "Vampire Diaries" and those dang "Twilight" movies, respectively. Oh, also, I was being nice when I said "C-list."

Bereft of any professional opportunities, the two were guests on a pregnancy podcast, where Somerhalder made some kind of joke about throwing out Reed's birth-control pills after they discussed having children of their own.

And then, so expertly timed, there was the backlash. Once people started throwing around the words "coerce" and "not cool" and "I'm sorry, who?" Reed took it upon herself to scream into the void, via Twitter. "Using a funny interview between married ppl & twisting it to perpetuate gossip is irresponsible."

But twist! Soon after they wrote a joint statement, of course. "To anyone who has been affected by reproductive coercion, we are deeply sorry," they wrote.

So yeah. These two are still trying to be a "thing."



I too would like to be relevant, so I get it.

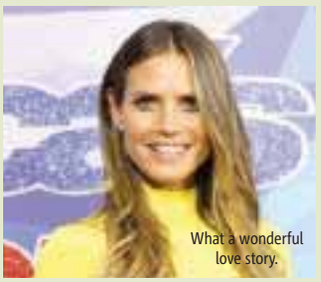
Heidi is single now

Heidi Klum — a very successful lady who is very into Halloween — had a boyfriend. But you don't really need to get to know him or anything, because now they're done. Just in case you were like, "Wait, does Heidi Klum have a boyfriend or nah?"

The 44-year-old supermodel released a statement to People, of her own volition, that simply said, "I believe that it is important to take time to pause and reflect." That's deep, Klum. That's deep.

Looks like things with Klum and the boyfriend of three years you didn't know existed — a dude named Vito Schnabel, aged 31 — fizzled out after the two took some time apart. "Things have been difficult recently, they live on opposite coasts," a source told People earlier this month. Mmkay!

May Klum find comfort in the bosom of another dude that is irrelevant to the masses. I wish her the best.



What a wonderful love story.

the word

RACHAEL VAUGHAN CLEMMONS
@rachaelclemz
rachael.clemmons@metro.us

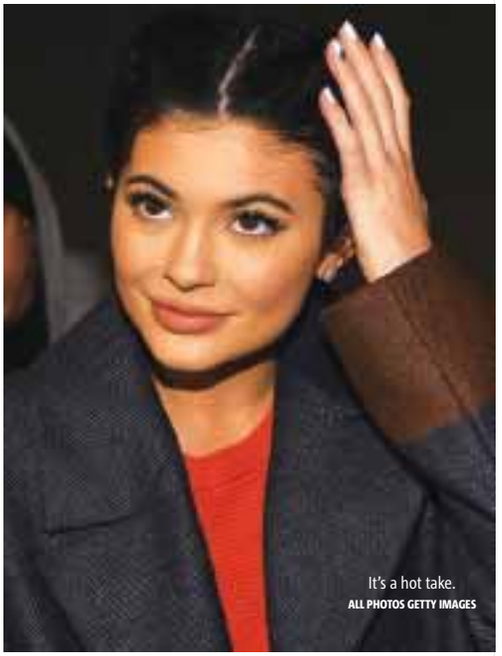
Is Kylie Kim's surrogate?

On Friday, news broke that Kylie Jenner — a 20-year-old who has as realistic an appearance as her wax figure — was expecting. Not delivery. Not DiGiorno. But an actual baby. It was disturbing, to say the least.

But hear me out, here: What if this is just a big semi-incestuous ploy and Kylie is acting as half-sister Kim Kardashian's surrogate? I mean, we're already living in a nightmare world, so it'd be no shock if the Kardashian-Jenners were kicking it up a notch.

If Kylie indeed is Kim's surrogate, I must say — as an third-person impartial outsider with no personal interest in the matter — that it's the worst idea, ever.

And if Kylie is just actually pregnant with boyfriend Travis Scott — a man she knows inside and out, having dated him for a mere five months — then, I don't know. I guess the apocalypse is real, it's here and it's coming for all of us. So get thee in your bunkers.



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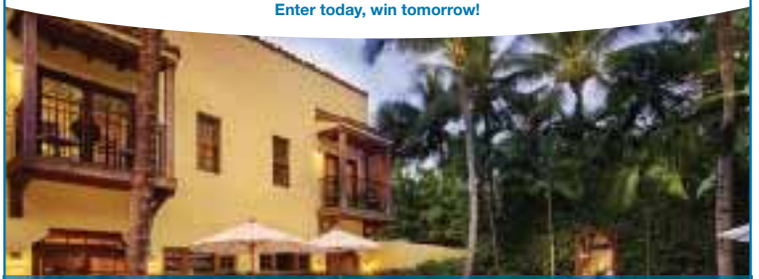

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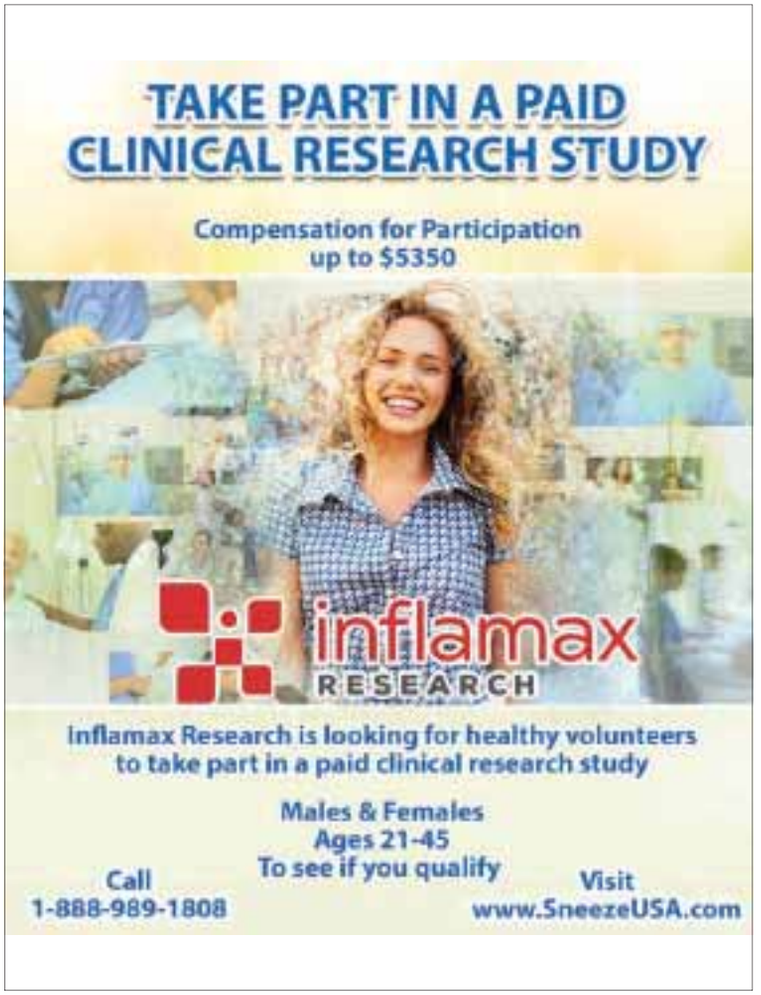


The best from Knicks media day

JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

The new-look New York Knicks faced the media on Monday for the first of what will be many times this upcoming season.

After a busy few days that included the trading of Carmelo Anthony to the Oklahoma City Thunder and the return of Kristaps Porzingis to the United States, there was plenty to talk about as the players and coaches started looking ahead.

Here are some of the best quotes from the day:

GM SCOTT PERRY ON TRADING MELO

"By Friday evening into Saturday morning, things really picked up with the Oklahoma City Thunder and we felt at that time, there was going to be something there that was going to make a little bit of sense for us and sense for Carmelo as well and we acted upon that."

ON KRISTAPS PORZINGIS' ROLE

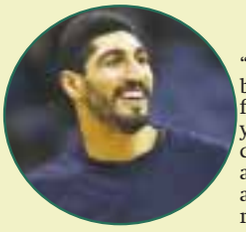
"I'm looking forward to Kristaps continuing his development. Entering his third year as a pro, continuing to grow while developing... We want to see that natural progression. We're going to support him, push him, hold him accountable. He'll decide how much he can take on in a leadership role. … That starts now.

PORZINGIS ON BEING A LEADER

"Of course [I can be a leader]. I'm excited about the opportunity to be a leader of the team, but at the end, it's not just one guy. It's us 15 guys as a team. But I'm excited to be one of the leaders."

ON MELO'S DEPARTURE

"I'm really grateful to have had him for these two seasons and I had the opportunity to learn under him. He was a great leader for us … a great mentor for me. He was like a big brother to me. I have nothing but respect for Carmelo and wish him the best for the future."



ENES KANTER ON BEING TRADED

"When I heard about the news first, I was doing a basketball camp for orphans in Oklahoma City. My friend brought me the phone … and my manager said you just got traded … but don't look too happy because he knows I love New York. After I went home and packed my stuff … I woke up middle of the night and punched myself and asked 'is this a dream? Is this really happening?'"

ROOKIE FRANK NTILIKINA ON HIS GAME

"I'm very confident in my abilities. It's a very tough job being a point guard in this league but I'm confident in the work I put in every day. It's going to be a long process, but it's going to be fun. I'm a high-IQ player. On offense, I can make the right choice for the team. We have a very talented, young team. As point guard, I'll have to lead the team and learn from the veterans. I think I'm confident in my ability; I'll work on it, too. It's important for defense to be solid and I think I am."

WILLY HERNANGOMEZ ON THE COMPETITION FOR STARTING CENTER

"With a lot of centers, there's going to be a healthy fight. I'm going to fight from the beginning. I don't know if I'll start. Enes is one of the best centers in the league…I really like him. … I think I can learn something from him and fight with him. … Both of us, we want what's best for the team and we want to work hard for that."

What will the Knicks look like now without Melo?

Predicting New York's starting five come opening night against Carmelo Anthony and the Thunder.

JOE PANTORNO
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In the course of a few days, the New York Knicks' roster has experienced some drastic changes after trading 10-time All-Star Carmelo Anthony to the Oklahoma City Thunder.

With a management group stressing youth in order to institute a change toward success, it's unclear how the Knicks' starting five will look when the regular season opens up in mid-October.

That didn't stop us from making a few predictions of how the Knicks will look:

STARTING POINT GUARD

FRANK NTILIKINA

STARTING SHOOTING GUARD

TIM HARDAWAY JR.

STARTING SMALL FORWARD

DOUG McDERMOTT

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KRISTAPS PORZINGIS

STARTING CENTER

ENES KANTER

BENCH

PG	SG	SF	PF	C
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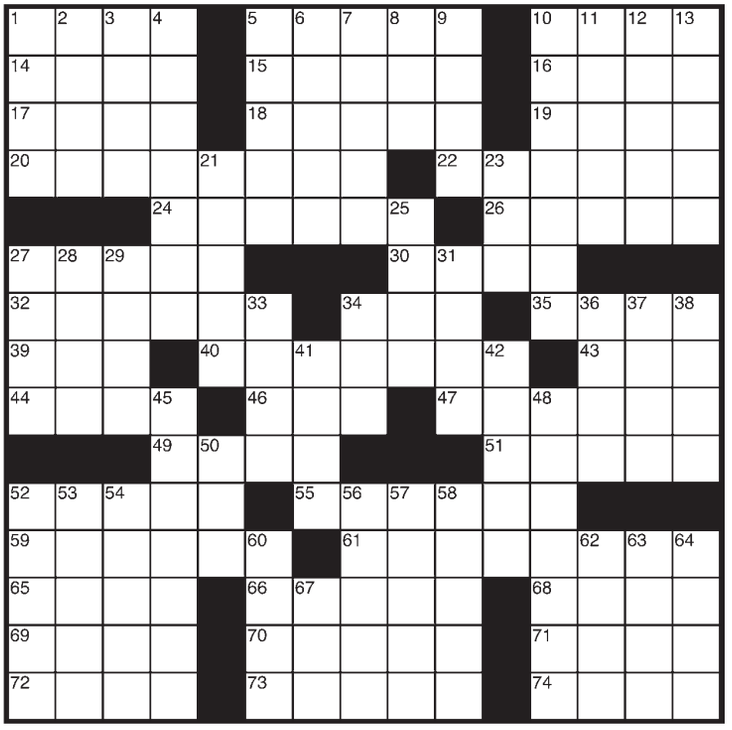
1 Exchange pleasantries
5 Pinnacles
10 Racket
14 Corker
15 This too -- pass
16 Ocean flier
17 Culture dish goo
18 Sun, in combos
19 Israel's Golda
20 Pessimistic
22 "It's Only Make Believe" singer
24 Vacation plus
26 Tatum or Ryan
27 Do a salon job
30 "Diana" singer
32 Maria Conchita --
34 Tell an untruth
35 Freeway access
39 Big green parrot
40 High voices
43 Merry, to Mimi
44 Many millennia
46 Crunch targets
47 Happens again
49 Upscale sport
51 Hunt illegally
52 Thrashed
55 Place setting item
59 Rub against
61 Determination
65 Drench
66 Earth, to Pierre
68 Comic-strip dog
69 Nobelist Desmond --
70 Similar
71 Landlord's fee
72 Dance move
73 Does in a dragon
74 Mr. Arnaz

Down

1 Outfitted
2 Sci-fi award
3 -- -- unto itself
4 Excites (2 wds.)
5 Pale
6 Not play fair
7 Mediterranean island
8 Wallach or Lilly
9 ATM feature
10 Graduate course
11 Knossos site
12 Ekberg or Loos
13 Ms. Streep
21 Explode
23 Stir-fry need
25 Claw or talon
27 Bar of soap
28 Butter substitute
29 Provide at interest
31 "Faint heart -- won ..."
33 Word of mouth
34 Many oz.
36 Water, in Baja
37 Squeezed fruit residue
38 Word of contempt
41 Poet's black
42 Cuttlefish pigment
45 Talk louder (2 wds.)
48 Harmony
50 Like some socks
52 Persists
53 Roughly
54 Dilapidated car
56 Posh hotel lobbies
57 Cheerful
58 Trouser parts
60 Theta preceders
62 -- fixe
63 Pie pans
64 Big Foot kin
67 Bracket type



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easy

8	4				9	3		
		5		8	3		7	2
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hard

		5	3					
		8				9		2
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	5	3			7	2		
		2		3	8			7
5		9				1		
					5	8		

metro.us/horoscopes

Aries Before starting something new, take care of unfinished business. Discipline will be required if you don't want to veer off-track. Curb impulsiveness.

Taurus Emotions will be difficult to control. Watch your spending habits and refrain from feeling compelled to pay for others to make an impression.

Gemini A change regarding an important relationship will be required if you want to move forward. Look at the pros and cons and make the necessary alterations.

Cancer Demanding people, bosses or dependents will be hard to deal with. A disciplined approach to whatever challenge you face will help you achieve your goal.

Leo Taking short trips, attending a lecture that offers financial advice or exploring ways to improve your domestic and professional lives will help you reach your goals.

Virgo Problems with an older family member or your household finances will surface if you don't take steps to deal with such matters. Stay on top of your responsibilities.

Libra Make personal changes that will help you market and promote what you have to offer. Make new friends and associates, and listen and learn from the advice you receive.

Scorpio Consider the consequences of your actions before making a decision that will affect your personal life. Emotional distress will not be worth your while. Be true to yourself.

Sagittarius A problem with a friend, relative or someone you encounter while traveling will intensify quickly if you aren't careful about how you respond to conflict.

Capricorn Stay focused on what's important to you. Be careful when dealing with bureaucratic or institutional matters. Read the fine print and take care of your affairs personally.

Aquarius If you want to negotiate or sign contracts, take a close look at the fine print. Making a hasty decision will cost you. Know your boundaries and your budget.

Pisces If you feel pressured by a co-worker, boss or partner, take a step back. Assess your situation and be honest about the way you feel. **EUGENIA LAST**

Yesterday's answers

W	H	A	T			D	R	U	M		R	A	J	A
O	A	S	E	S		R	O	S	A		E	D	E	N
W	H	I	S	K		I	N	D	Y		C	O	L	D
S	A	N	T	A	F	E		A	F	F	A	B	L	Y
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H	E	D	G	E	D		A	R	I	A				
A	L	I	A	S		A	T	T	E	M	P	T	E	D
V	A	N	S		S	I	T	E	S		H	E	R	A
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A	N	A	H	E	I	M		P	A	I	D	O	F	F
D	O	Z	E		E	I	N	E		N	A	D	I	R
A	R	E	A		S	L	O	E		G	R	O	V	E
M	E	L	D		T	E	N	S			T	R	E	E

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